

WEIGHT STATUS AND DIETARY INTAKES AMONG
GIRLS AND FEMALE ADOLESCENTS AGED 6-17
YEARS OLD IN TI-RATANA WELFARE HOME

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ABSTRACT

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Weight status and dietary intakes during childhood and adolescence may tell the nutritional status and predict diet-related diseases later in life. This study was a non-experimental quantitative research conducted among the girls and female adolescents in the Ti-Ratana Welfare Home. A total of 13 girls and 40 female adolescents were recruited in this study. The objectives of this study were to determine the underweight and overweight rates and body fat percentages and to assess and analyze the dietary intakes of energy, certain macro- and micronutrients among girls and female adolescents aged 6–17 years old. All data were collected using anthropometric measurements, which were Body Mass Index (BMI) and skinfold thickness of five body sites: triceps, subscapular, abdomen, suprailiac, and thigh. Dietary intakes were assessed using 24-hour dietary recall. In this study, 75% were normal weight, 21% were underweight and 4% were overweight. BMI and body fat percentages of female adolescents found significantly higher than the girls ($t=3.083$, $p=0.003$; $t=-7.321$, $p=0.000$). Positive Pearson correlation between the BMI and body fat percentage was significant ($p=0.000$). In terms of dietary assessment, there were significant differences in percentage of RNI attainment between girls and female adolescents for energy, protein, iron, and folate ($p<0.05$). In conclusion, majority girls and female adolescents had normal weight and average body fat percentages. Besides, girls met the RNI requirements for all study nutrients and female adolescents met the RNI requirements for energy, protein, iron, and zinc with dietary calcium and folate close but slightly below the RNI requirements.